We claim:

- A cache memory, comprising:
 a plurality of cache frames for storing information from main memory; and
 an adaptive frame locking mechanism for locking a number of said most recently used frames.
 - 2. The cache memory of claim 1, further comprising a memory for recording an identifier of the n most recently used frames.
 - 3. The cache memory of claim 2, wherein said identifier is a frame address.
 - 4. The cache memory of claim 2, wherein said identifier is a flag associated with said most recently used frames.
 - 5. The cache memory of claim 2, wherein said identifier of the n most recently used frames is maintained for each of a plurality of tasks.
 - 6. The cache memory of claim 1, wherein said adaptive frame locking mechanism does not lock all the frames in a set concurrently.
 - 7. The cache memory of claim 1, wherein said number of said most recently used frames identifies the most recently accessed 3n/2 frames on average.
- 25 8. The cache memory of claim 1, wherein said adaptive frame locking mechanism includes three latches (a, b, and lock) for each frame of said cache.

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- 9. The cache memory of claim 8, wherein said latch a is set when a frame is accessed and the value in latch a of a frame is transferred to latch b and latch a is reset after n accesses.
- 10. The cache memory of claim 8, wherein said adaptive frame locking mechanism sets a lock latch of a given frame, locking the frame, if either latch a or latch b is set when the lock signal is asserted.
 - 11. The cache memory of claim 1, further comprising an adaptive frame unlocking mechanism that automatically unlocks frames that cause a performance degradation for a task.
 - 12. The cache memory of claim 11, wherein said adaptive frame unlocking mechanism includes a counter for monitoring a number of times a task experiences a frame miss.
 - 13. The cache memory of claim 1, wherein said cache is a two way set associative cache and said most recently used frames are identified by taking an inverse of a least recently used identifier.
 - 14. The cache memory of claim 1, wherein said locking is performed if a first task is interrupted by a second task.
 - 15. A method for locking frames in a cache memory, said method comprising the steps of:

storing information from main memory in frames of said cache memory; monitoring a number of most recently used frames; and

- locking said number of said most recently used frames if a task is interrupted by another task.
- 16. The method of claim 16, wherein said monitoring step maintains a frame address of said most recently used frames.

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- 17. The method of claim 16, wherein said monitoring step maintains a flag associated with said most recently used frames.
- 18. The method of claim 16, wherein said monitoring step maintains an identifier of the n most recently used frames for each of a plurality of tasks.
 - 19. The method of claim 15, wherein said locking step does not lock all the frames in a set concurrently.
- 10 20. The method of claim 15, wherein said number of said most recently used frames identifies the most recently accessed 3n/2 frames on average.
 - 21. The method of claim 15, further comprising the step of automatically unlocking frames that cause a significant performance degradation for a task.
 - 22. The method of claim 21, wherein said step of unlocking further comprises the step of monitoring a number of times a task experiences a frame miss.
 - 23. A cache memory device comprising:

a memory element for storing information from main memory in frames of said cache memory;

means for monitoring a number of most recently used frames; and means for locking said number of said most recently used frames if a task is interrupted by another task.

24. The cache memory of claim 23, wherein said means for locking said frames does not lock all the frames in a set concurrently.

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- 25. The cache memory of claim 23, further comprising means for unlocking said locked frames that automatically unlocks frames that cause a significant performance degradation for a task.
- 5 26. The cache memory of claim 25, wherein said means for unlocking includes a counter for monitoring a number of times a task experiences a frame miss.
 - 27. The cache memory of claim 23, wherein said cache is a two way set associative cache and said most recently used frames are identified by taking an inverse of a least recently used identifier.
 - 28. The cache memory of claim 23, wherein said locking is performed if a first task is interrupted by a second task.
 - 29. An integrated circuit, comprising:
 - a cache memory having a plurality of cache frames for storing information from main memory; and
 - an adaptive frame locking mechanism for locking a number of said most recently used frames.
 - 30. The integrated circuit of claim 29, further comprising a memory for recording an identifier of the n most recently used frames.
- The integrated circuit of claim 29, further comprising an adaptive frame unlocking mechanism that automatically unlocks frames that cause a performance degradation for a task.
 - 32. The integrated circuit of claim 29, wherein said locking is performed if a first task is interrupted by a second task.